



TOUR DETAILS

Step into one of Poland's oldest cities, where centuries of Polish, Jewish, and Ukrainian heritage come together in a place shaped by shifting borders and shared histories. As we explore the historic center, you will see colorful facades, elegant churches, and architectural details that reflect the city's time under different empires, including the Austro-Hungarian period. Along the way, we will uncover stories of daily life, cultural exchange, and resilience, revealing how Przemyśl's location near the meeting point of Eastern and Western Europe has influenced its identity for generations. This journey offers a thoughtful look at a city where history is layered, cultures are intertwined, and every street invites deeper understanding.



★ MEET YOUR TOUR GUIDE: OLGA



Olga's journey began in 1998 when she left her home country to attend business school in California. After earning her MBA, she went on to build an international career, living and working in California, London, and Moscow. More recently, Olga had to leave her life in Odessa and now splits her time between Berlin and Kraków. Join us as we travel with her to Przemyśl.

PRIVATE TOURS | Your guide is available for private tours, live-streamed or in person. It's a special way to celebrate a birthday, anniversary, holiday, or special occasion - or to add to an upcoming trip. Please reach out to Wowzitude and we will be happy to connect you.

i WHAT TO EXPECT

Get ready for something special. We're traveling with no passport, no plane ticket and no luggage. And yet you'll experience all the sights, sounds and stories with just your laptop, favorite snack and amazing guide.

The tour will be live streamed by your guide directly. While on the tour you'll be able to see a full screen video of your guide and their surroundings, interact with them and other travelers.

🎵 MUSIC SELECTION

- Dziwny jest ten świat by Czesław Niemen: <https://youtu.be/kVp0BB6J-HI?si=cZanc2kFeDordnHB>
- Nie płacz Ewka by Perfect: https://youtu.be/G_oKsG8KRZI?si=xQO7xJCd_wifULtw

Polish Vodka Lemonade (Cytrynowka Spritz) | 1 Serving



INGREDIENTS

- 2 oz Polish vodka (or lemon vodka)
- 1 oz fresh lemon juice
- 1 tsp sugar (or simple syrup)
- 3 oz sparkling water
- Ice
- Lemon slices (optional)

PREPARATION

- Fill a glass with ice.
- Add vodka, lemon juice, and sugar. Stir well.
- Top with sparkling water.
- Garnish with a lemon slice.

Polish Apple Cake (Szarlotka – Traditional Version) | 10-12 Slices

INGREDIENTS

Dough:

- 2 1/2 cups all-purpose flour
- 3/4 cup sugar
- 1 tsp baking powder
- 1/4 tsp salt
- 3/4 cup (1 1/2 sticks) cold unsalted butter, cubed
- 2 egg yolks
- 1 whole egg
- 1 tbsp sour cream
- 1 tsp vanilla extract

Apple Filling:

- 6–7 medium apples, peeled and sliced
- 1/2 cup sugar
- 1 1/2 tsp cinnamon
- 1 tbsp lemon juice
- 1 tbsp butter
- 2 tbsp breadcrumbs

Optional:

- Powdered sugar for dusting



PREPARATION

Make the Dough

1. In a bowl, combine flour, sugar, baking powder, and salt.
2. Cut in cold butter until crumbly.
3. Add egg yolks, whole egg, sour cream, and vanilla.
4. Mix just until a soft dough forms.
5. Divide into two portions (one slightly larger).
6. Wrap and refrigerate for 45–60 minutes.

Prepare the Apples

1. Melt butter in a large pan over medium heat.
2. Add apples, sugar, cinnamon, and lemon juice.
3. Cook 10–15 minutes until softened.
4. Remove from heat and stir in breadcrumbs.
5. Let cool slightly.

Assemble

1. Preheat oven to 350°F.
2. Grease a 9x13-inch baking dish.
3. Press the larger dough portion into the bottom.
4. Spread apple filling evenly on top.
5. Roll out or crumble remaining dough over the apples.
6. Bake
7. Bake 40–45 minutes until golden brown.
8. Let cool before slicing.

PRZEMYŚL, POLAND – SNACKS



- **Prince Polo Wafer Bars:** Prince Polo is one of Poland’s most iconic snacks, with layers of crisp wafer filled with rich chocolate cream and coated in chocolate. Originally created in Poland, it has remained a beloved treat for generations.
- **Delicje Chocolate-Covered Jaffa Cakes (by Wedel):** Delicje are soft sponge cookies topped with fruit jelly and coated in chocolate, similar to Jaffa Cakes but distinctly Polish. Produced by the well-known Polish brand Wedel, they are a popular everyday treat.
- **Kabanos (Polish Dry Sausage Sticks):** Kabanos are thin, smoky, air-dried sausage sticks that are a staple snack in Poland. Known for their savory flavor and satisfying snap, they offer a simple taste of traditional Polish charcuterie.



PRZEMYŚL, POLAND – BOOKS

BOOK SELECTION

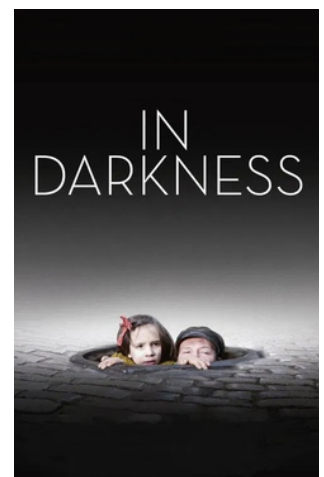
- **The King of Warsaw by Szczepan Twardoch:** Set in pre-World War II Poland, this gripping novel explores the criminal underworld of Warsaw while reflecting the broader cultural and political tensions of the time. Although centered in the capital, it provides powerful insight into Polish society, identity, and Jewish life, deeply relevant to regions like Przemyśl.
- **On the Other Side of the World: A True Story of a Polish Family During World War II by Julia Cooke:** This compelling narrative follows a Polish family navigating survival, displacement, and resilience during World War II. While not limited to one city, the story reflects the lived experiences of families across southeastern Poland, including areas like Przemyśl.
- **Galicia: A Multicultural Land by Christopher Hann and Paul Robert Magocsi:** This historical and cultural exploration examines Galicia, the region that includes Przemyśl, and its rich blend of Polish, Ukrainian, and Jewish heritage. Through detailed storytelling and analysis, the book brings to life the traditions, communities, and complexities that shaped the area.



PRZEMYŚL, POLAND – MOVIES

MOVIE SELECTION

- **In Darkness (2011):** Based on a true story, this Polish film follows a group of Jewish refugees hiding in the sewers of a city in southeastern Poland during World War II, not far from regions like Przemyśl. It offers a powerful and human portrayal of survival, moral complexity, and resilience.
- **The Peasants (2023):** This visually stunning film, created in a painted animation style, is based on the classic Polish novel and depicts rural life in the Polish countryside across the seasons. While not set specifically in Przemyśl, it captures the traditions, landscapes, and rhythms of village life found throughout regions like southeastern Poland.
- **Cold War (2018):** This visually striking Polish film tells a love story set against the backdrop of postwar Europe, including scenes that reflect Poland’s cultural and musical traditions. While it moves between countries, much of its atmosphere is rooted in Poland’s history and artistic identity, similar to regions like Przemyśl. Its music and cinematography offer a powerful sense of place.



PRZEMYŚL, POLAND – FUN FACTS

FUN FACTS

- 1. Przemyśl is one of the oldest cities in Poland.** Archaeological evidence and written records trace its origins back to at least the early medieval period, and it was an important administrative and trade center along routes connecting Central and Eastern Europe.
- 2. Przemyśl has a long and complex multicultural history.** Over centuries, the city was home to Polish, Jewish, and Ukrainian communities, as well as periods under Austrian rule, and this diversity is still reflected in its religious buildings, cemeteries, and cultural landmarks.
- 3. Przemyśl was a major fortress city of the Austro-Hungarian Empire.** In the late 19th and early 20th centuries, a vast ring of fortifications was built around the city, and it became the site of significant battles and sieges during World War I.
- 4. The historic center of Przemyśl preserves a range of architectural styles.** Walking through the Old Town, visitors can see influences from different periods, including medieval layouts, Baroque churches, and later Austro-Hungarian-era buildings.
- 5. Przemyśl's location near today's Polish-Ukrainian border has shaped its role over time.** The city has long been connected to cross-border trade and cultural exchange, and its position has made it an important regional hub throughout different periods of European history.

PRZEMYŚL, POLAND – MAP



PRZEMYŚL, POLAND – DISCUSSION QUESTIONS



History & Memory

- What moments from the tour stood out to you as reminders of how history can shape a city over time?
- Przemyśl has changed hands between different countries and empires. How do you think that kind of history affects the identity of a place and its people?
- Did anything from the tour remind you of stories you've heard from your own family or earlier generations?
- How do you think cities like Przemyśl preserve history while continuing to move forward?

Culture & Identity

- The city has been home to multiple cultural and religious communities. What do you think helps different cultures live side by side over time?
- Did you notice any cultural details that felt familiar or similar to your own experiences?
- How do you think living in a border region might influence traditions, language, or daily life?
- What role do you think community and shared spaces play in maintaining cultural identity?

Architecture & Sense of Place

- What architectural details or buildings caught your attention the most during the tour?
- How do you think a city's architecture reflects its history and the people who lived there?
- Did the layout of the city feel different from places you've visited or lived? In what ways?
- If you could spend a full day in Przemyśl, what type of place would you most want to explore further?

Food & Everyday Life

- Based on what you saw or know about Poland, what kinds of meals do you imagine people in Przemyśl enjoy in their daily lives?
- Did anything from the tour make you think of a favorite comfort food or family recipe?
- Food often connects people to memory. Is there a dish that brings back a strong memory for you?
- If you were hosting a Polish-inspired meal for friends, what would you want to include?

Connection & Reflection

- What surprised you most about Przemyśl or changed your expectations?
- Did this tour make you curious about other cities or regions with similar histories?
- Travel often helps us see both differences and similarities. What felt most familiar to you during this experience?
- If you could ask the guide one more question, what would you want to know?

Looking at Today

- How do you think cities with complex histories like Przemyśl navigate modern life while honoring the past?
- What role do you think tourism and storytelling play in keeping places like this alive for future generations?
- Why do you think it's important to continue learning about places we may never visit in person?

PRZEMYŚL, POLAND – ACCESSIBILITY



Ease of Getting Around the City

- Przemyśl is a compact, walkable city, with many key sites located within or near the historic center, allowing visitors to experience much of the destination without long distances.
- The city's central railway station connects Przemyśl to major cities in Poland and neighboring countries, making arrival and departure straightforward for travelers.
- Like many historic European towns, some areas include cobblestone streets and older pathways, but the overall layout remains manageable, especially with a slower-paced itinerary.
- Poland as a whole has been increasingly focused on improving accessibility in cities, with growing efforts to reduce barriers and support travelers with mobility challenges.

Accessible Tourism Efforts & Welcoming Environment

- Przemyśl has been recognized as a destination that is welcoming to seniors, families, and travelers with disabilities, reflecting a broader commitment to inclusive tourism.
- There is a strong emphasis on hospitality and community support, which can make a meaningful difference for travelers who may need extra assistance or flexibility.
- Tourism initiatives in the city include digital tools and centralized information systems that help visitors plan routes, locate attractions, and navigate the city more easily.

Navigation, Planning & Digital Accessibility

- The city offers a mobile app and digital tourism platform that allows visitors to plan their day, map routes, and locate attractions with ease.
- These tools are designed to work across devices and include navigation features that guide visitors directly to sites, reducing uncertainty and making movement through the city more manageable.
- Information is available in multiple languages, helping international visitors feel more confident and supported.

Museums, Attractions & Cultural Sites

- Przemyśl is home to several museums and historic sites that are organized and curated for visitors, making them easier to navigate at a comfortable pace.
- Across Poland, many museums and cultural institutions are increasingly incorporating accessibility features such as improved layouts, visitor information tools, and inclusive design approaches.
- Visitors can expect clear signage, structured exhibitions, and thoughtful presentation, which support those who benefit from a slower or more guided experience.

Support for Sensory Accessibility

- In Poland more broadly, there has been a growing focus on accessible information for visitors with visual or hearing impairments, including the use of clear informational systems and, in some locations, tactile or alternative formats.
- Przemyśl's tourism platforms emphasize easy-to-read, structured information, which can support visitors who benefit from clear guidance and planning tools.
- The calm pace of the city, combined with less crowding than major tourist hubs, can make it a more comfortable environment for those sensitive to noise or overstimulation.

A Comfortable Pace for Older Adults

- Przemyśl offers a slower, more relaxed travel experience, which is especially valuable for visitors who prefer not to rush or navigate large crowds.
- The city's scale allows for frequent rest opportunities, whether in cafés, public squares, or quiet streets.
- Its atmosphere encourages exploration at your own pace, making it well-suited for travelers who want meaningful experiences without physical strain.



Commitment to Sustainable Tourism & Local Vision

- Przemyśl has adopted a forward-looking strategy that prioritizes sustainable tourism experiences and responsible travel as part of its long-term development.
- The city emphasizes authentic, culturally respectful tourism, encouraging visitors to engage with its history and communities in meaningful, low-impact ways.
- Local initiatives focus on community involvement and cultural preservation, ensuring tourism benefits residents while maintaining the city’s identity.

Protecting Natural Landscapes & Green Spaces

- The region surrounding Przemyśl includes protected areas such as the Przemyśl Foothills Landscape Park, part of a broader network of conservation zones that safeguard biodiversity and natural habitats.
- These protected landscapes are managed with strict environmental guidelines, encouraging responsible exploration and minimizing ecological impact.
- Visitors are encouraged to experience nature through low-impact activities such as walking and hiking, which align with sustainable travel principles.

Sustainable Transportation & Low-Impact Travel

- Poland has been investing in efficient rail networks, and Przemyśl is well connected by train, offering a lower-emission alternative to air travel within Europe.
- The city’s compact layout allows visitors to explore many key sites on foot, naturally reducing reliance on vehicles and supporting a more sustainable pace of travel.
- Across Poland, there is a growing push toward cycling infrastructure and environmentally friendly transportation options, encouraging greener ways to explore destinations.

Cultural Preservation as Sustainability

- Przemyśl’s Old Town is officially recognized as a Historic Monument of Poland, reflecting a strong commitment to preserving cultural heritage rather than replacing it with new development.
- Sustainable tourism in the city is closely tied to protecting historic architecture, religious sites, and cultural landmarks, ensuring they remain intact for future generations.
- The city promotes heritage-based tourism, which supports local identity while reducing the environmental impact associated with large-scale, modern tourism development.

Supporting Local Communities & Responsible Travel

- Przemyśl’s tourism strategy emphasizes community integration and local participation, helping ensure that tourism supports local businesses, artisans, and cultural institutions.
- Across Poland, sustainable tourism efforts focus on economic benefits for local communities, encouraging visitors to engage with locally owned services and experiences.
- This approach creates a more authentic and meaningful travel experience, while also strengthening the local economy in a responsible way.

National Momentum Toward Sustainability

- Poland is actively working to expand eco-friendly accommodations, including hotels that use renewable energy, reduce waste, and conserve water.
- The country is also advancing sustainable tourism strategies and regional initiatives, reflecting a growing commitment to responsible travel across destinations, including smaller cities like Przemyśl.
- Sustainability is increasingly recognized not just as a goal, but as a core expectation of modern travelers, shaping how destinations evolve and welcome visitors.

PRZEMYŚL, POLAND – MYTHS & FACTS



- **Myth:** Przemyśl is a small town with little historical significance.
 - **Fact:** Przemyśl is one of the oldest cities in Poland, with over 1,000 years of history and a long-standing role as an important cultural and trade center in the region.
- **Myth:** The city has always been part of modern-day Poland.
 - **Fact:** Przemyśl has been part of different states and empires over time, including the Austro-Hungarian Empire, which has shaped its architecture and cultural identity.
- **Myth:** Przemyśl's history is tied to just one culture.
 - **Fact:** The city has a rich multicultural past, with Polish, Jewish, and Ukrainian communities all contributing to its traditions, architecture, and daily life.
- **Myth:** There is little to see beyond the main square.
 - **Fact:** While the Old Town is a highlight, Przemyśl also includes historic neighborhoods, churches, and remnants of a vast fortress system that extend beyond the central area.
- **Myth:** Przemyśl is isolated and difficult to reach.
 - **Fact:** The city is well connected by rail and has long served as a transportation hub between Central and Eastern Europe.
- **Myth:** It is only a destination for history enthusiasts.
 - **Fact:** In addition to its history, Przemyśl offers architecture, local cuisine, scenic views, and a relaxed pace that appeals to a wide range of travelers.
- **Myth:** The city feels crowded like larger European destinations.
 - **Fact:** Przemyśl offers a quieter, more relaxed atmosphere, allowing visitors to explore comfortably and experience the city at their own pace.

PRZEMYŚL, POLAND – WEATHER

Przemyśl experiences four distinct seasons, offering a variety of travel experiences throughout the year. Spring and fall are especially pleasant, with mild temperatures that are ideal for walking tours and exploring the historic center at a comfortable pace.

- **Spring (March – May)** brings gradually warming temperatures, blooming greenery, and fewer crowds. Days are generally cool to mild, so layering is recommended, especially in the mornings and evenings.
- **Summer (June – August)** is the warmest time of year, with comfortable daytime temperatures that are well suited for outdoor exploration, café dining, and cultural events. Evenings tend to be mild and enjoyable for strolling through the Old Town.
- **Autumn (September – November)** offers crisp air and beautiful seasonal colors, creating a particularly scenic setting for visitors. Temperatures are cooler, but still comfortable for walking and sightseeing.
- **Winter (December – February)** can be cold, with occasional snow, giving the city a quiet and atmospheric feel. While temperatures are lower, the slower pace and fewer visitors can make for a peaceful experience.

PRZEMYŚL, POLAND – 24 HOURS IN PRZEMYŚL, POLAND



- **9:00 AM – 10:00 AM | Morning in the Old Town Square**
 - Begin the day in Przemyśl's Old Town, where the city gradually comes to life. Take time to enjoy a relaxed coffee and light breakfast while observing the rhythm of the morning. The central square and surrounding streets offer a first glimpse into the city's layered past, with architecture reflecting different periods and influences.
- **10:00 AM – 12:00 PM | Walking Through History and Architecture**
 - Set out on a walking route through the historic center, where each street reveals a different chapter of Przemyśl's story. As you explore, notice the mix of architectural styles shaped by Polish, Ukrainian, and Austro-Hungarian influences. Look for details such as decorative facades, church towers, and quiet courtyards that offer insight into everyday life across generations.
- **12:00 PM – 1:30 PM | Cultural Exploration and Local Context**
 - Continue your morning with a visit to a local museum or cultural space to gain a deeper understanding of the region's history. Exhibits often reflect the city's multicultural heritage and its role in broader European events. Take your time moving through the space, allowing for reflection and a more meaningful connection to what you've seen.
- **1:30 PM – 3:00 PM | Lunch and Traditional Polish Flavors**
 - Enjoy a leisurely lunch at a local restaurant, where traditional Polish dishes are served in a relaxed setting. This is an opportunity to slow down and experience the cuisine that is central to daily life in the region. Meals are often unhurried, creating space for conversation and enjoyment.
- **3:00 PM – 4:30 PM | River Walk and Scenic Views**
 - After lunch, take a gentle walk toward the river, where the atmosphere becomes quieter and more open. This part of the city offers scenic views and a chance to pause, take photos, and enjoy the natural surroundings. The slower pace of this walk allows for rest while still experiencing the city's beauty.
- **4:30 PM – 6:00 PM | Exploring Beyond the Center**
 - Spend the late afternoon exploring areas just beyond the main square, where the city's development over time becomes more visible. Different neighborhoods reflect different historical periods, offering a broader understanding of how Przemyśl has evolved. This is a good time to notice the balance between past and present.
- **6:00 PM – 7:00 PM | Afternoon Break**
 - Pause for a coffee, tea, or light refreshment. This break helps maintain a comfortable pace and provides time to reflect on the day's experiences while enjoying the calm atmosphere of the city.
- **7:00 PM – 8:30 PM | Dinner in the Historic Center**
 - Return to the Old Town for dinner, where the evening atmosphere feels more intimate and relaxed. Enjoy another taste of Polish cuisine or a lighter meal while taking in the surroundings. The slower pace of the evening allows for a deeper appreciation of the setting.
- **8:30 PM – 9:00 PM | Evening Stroll**
 - End the day with a short walk through the softly lit streets. The quieter environment offers a different perspective on the city and provides a peaceful moment to reflect on the day's experiences.

PRZEMYŚL, POLAND – THE FORTRESS CITY STORY



Przemyśl was once one of the most heavily fortified cities in Europe. In the late 19th century, the Austro-Hungarian Empire transformed the city into a strategic military stronghold, building a vast ring of forts designed to defend its eastern border.

The fortress system surrounded the city in a wide arc, made up of dozens of individual forts, defensive lines, and support structures. These were carefully positioned across hills and landscapes to create a layered defense. Even today, many of these structures still exist, offering a visible reminder of the city’s military importance.

During World War I, Przemyśl became the site of one of the largest sieges of the war. The fortress was attacked and surrounded by Russian forces, leading to months of intense fighting and hardship. Supplies ran low, and conditions inside the city became increasingly difficult for both soldiers and civilians.

The siege ended in 1915, marking a significant moment in the war on the Eastern Front. The events that took place here were not only military in scale, but also deeply human, reflecting the challenges faced by those living through a time of conflict and uncertainty.

The fortress shaped the identity of Przemyśl in lasting ways. It influenced how the city developed, how it was viewed by surrounding regions, and how its story is told today. What was once a symbol of military power is now part of the city’s historical landscape.

Today, visitors can still see parts of the fortress system scattered around Przemyśl. These sites offer a chance to reflect on the past while experiencing the natural surroundings that have reclaimed much of the area. This is a story of strategy, survival, and transformation. Przemyśl’s fortress is not just a military structure, but a window into a moment in history that shaped both the city and the wider region.



Siege of Przemyśl



Przemyśl Before The War



Ruins of Przemyśl



Ruins Today